



TEAM BAHAMAS members yesterday with Bahamas Olympic Committee President Wellington Miller (far left) and Minister of Youth, Sports and Culture Dr Daniel Johnson (centre front), during the victory celebration and award ceremony for the athletes' performance in the 2016 Rio Olympics.

Rio Olympians honoured

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The country finally had an opportunity to honour the full contingent of Team Bahamas for their heroic exploits at the Rio 2016 Olympic Games.

Buttons Formal Wear, in conjunction with the Ministry of Youth, Sports and Culture, hosted a weekend of activities for Team Bahamas, highlighted by a ceremony of recognition at the Melia Resort yesterday.

Friends, family and well-wishers lauded the efforts of the 32-member team that concluded last month's Olympiad with two medals - a gold from Shaunae Miller in the women's 400m and bronze from the men's 4x400m relay team of Chris Brown, Steven Gardiner, Michael Mathieu, Alonzo Russell and Stephen Newbold.

Veteran spinter Jamial Rolle offered a response on behalf of the athletes to lend insight into the Olympic experience and express gratitude for this weekend's events.

"The Olympics are the apex of sport, so when you think about the Olympics it's synonymous with hard work, dedication and sacrifice. That's what went into everyone in Rio. Regardless of the outcome, everyone had high expectations of what they wanted to do and for whatever reason if that did not happen, we're still thankful we had the opportunity to go there and qualify.

"It's a tough road and we're thankful for your support. Track



BRONZE BOYS: The Bahamas men's 4x400m relay team members (l-r) Alonzo Russell, Steven Gardiner, Chris Brown, Michael Mathieu and Stephen Newbold.

is an individual sport but as a team we have that innate family sense of support for each other because you know the struggles they went through to get there," he said.

"We want to give thanks to Buttons for allowing us to celebrate as a family and bring the whole team home. Thank you to the ministry for their added support, the BOC and the respective federations, we want to thank you all. I'd like to send a heartfelt thank you to Buttons Formal Wear for this unprecedented show of appreciation toward myself and my fellow Olympians. As someone who has sacrificed blood, sweat and

tears and reached the precipice of sport which is the Olympics, this is held in high regard to me. I'm sure my fellow Olympians agree. I applaud you and I'm sure your philanthropic act will pay dividends for this team moving forward and for those to come."

The swimming contingent of Arianna Vanderpool-Wallace, Dustin Tynes and Joanna Evans were unable to attend due to academic commitments at their respective universities.

Bahamas Swimming Federation President Algernon Cargill represented them at the event.

"Rio was fantastic. While our athletes did not have the perfor-

mances they dreamed of, or our coaches prepared them for, they gave their best they had on that day and we are extremely proud of their effort," he said. "What we can be extremely proud of is that they are a few that have dreamed, trained and made it to the Olympic Games. They can now proudly all call themselves Olympians. These exemplars of our sport represented us well. We are proud of their accomplishments and we could not have asked for a more committed and focused ambassadors of swimming."

Vanderpool-Wallace fell short by one spot of getting into the final of the women's 50m free,

while Evans established a pair of national records in two of the three events she competed in and Tynes also made his Olympic debut.

"This support paves the way for greater things to come from our Olympic team in Tokyo," Cargill said. "I can tell you that we will have the largest team ever to represent the Bahamas in the Olympic Games and I can't wait. Let this experience be a springboard for even more success ahead."

Bahamas Olympic Committee President Wellington Miller said the efforts of the athletes in their respective fields made them true ambassadors for the country.

"It is a pleasure for the BOC to take part and make sure our athletes compete. When they take part they give us an extra boost and people from all over the world know us because of our athletes," he said. "What you have done, no government can pay for. I just want to thank the athletes for their competitive spirit, the hard work, the training and sacrifice for your country. We can never pay you back but we are happy to celebrate with you."

Emily Morley was also recognised several times for her history-making efforts by becoming the first Bahamian to compete in rowing at the Olympic level. She finished sixth in the E final of the women's single sculls.

Other highlights from the 28-member track and field team included Pedrya Seymour's record breaking performance to make

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Register for Potcakeman Triathlon before Tuesday deadline

THE fourth annual Potcakeman Triathlon takes place at Jaws Beach, Clifton, on Saturday with an Olympic distance race added to this year's schedule in addition to the traditional Sprint due to the growth of the event and by popular demand.

The swim-bike-run route starts in the ocean at Jaws Beach, heads out onto the road before returning for the run along the trails of Clifton Heritage Park. The Sprint event comprises a 750m swim, 21km bike and 5km run. Olympic distance athletes will go twice as far by completing each loop twice.

Following the main events there will be a "Puppy Tri" race for children aged six to 14.

Race Director Sarah Kennedy is encouraging anyone still wishing to register to do so before the closing deadline on Tuesday. "We are on track for a record turnout," she said. "We have competitors travelling from USA, Canada,



YOUNGSTERS compete in the "Puppy Tri" race for children aged six to 14 at last year's event.

and Mexico and Panama and can't wait to see who will be crowned champions. We also have a once in a lifetime opportunity for the winners."

Lauren Holowesko, Director of The Island House, revealed the incentive. "The Island House is excited to provide a male and female winner of The Potcakeman

Triathlon 2016 with the opportunity to take part in The Island House Invitational Triathlon's Fittest CEO Challenge on Saturday, October 29. The winners will be able to compete alongside the world's greatest triathletes in a race which is fast becoming one of the most amazing events in the sport."

As well as unique finish medals, dri-fit T-shirts and a full swag bag, all Potcakeman racers will be rewarded with a Heineken beer and hamburger from the Rotary Club East Nassau's van. Kids will all get a Dunkin Donut. All participants will also be entered into a bib draw at the end of the race for a chance to win one of four VIP

transportation tickets to Highbourne Cay to watch the final day of competition.

In addition to presenting partners Powerade, the event is being sponsored by Albany, Subway, Purina, Think Simple, PappaSurf, Higgs & Johnson, The Pet Food Institute, Daminos Sothebys International Realty, Heinenken, Club One Fitness Centre and Golden Wings Charter. There will also be a raffle draw on race day, the top prize being a Jamis Trail XR bike donated from Cycles Unlimited.

The race is being organised by the non-profit organisation Baark! (Bahamas Alliance for Animal Rights and Kindness). All money raised from the event will go towards their spay/neuter and education programmes all over the Bahamas.

More information and registration link can be found at www.potcakeman.com